ARISTOTLE's
MANUAL
Of Choice
SECRETS,
SHEWING
The Whole Mystery of
GENERATION.
WITH
Receipts to prevent
BARRENNESS,
And Cause
CONCEPTION.

Very Necessary to be Known and Practiced by all *Midwives*, *Nurses*, & *Young Married Women*.

Translated out of *Latin* by *J. P.*

LONDON, Printed for *John Back*, at the *Black-Boy* on *London-Bridge*, 1699.

Here the good Women do attend,
The Child-bed-womans Throws,
Till God a safe Deliverance sends,
And turns to Joy her Woes.

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SECRETS.

CHAP. I.

The Office and Duty of an Expert Midwife, in giving a right Judgment whether a Woman has Conceived or not.

A Midwife, when she is required to give her Judgment, must not do it hastily, but be very Circum-

spect and Deliberate in determining whether a Woman has Conceived or no, because many have Discredited themselves by Judging too Rashly in this Case, which has been very detrimental to their Practice; for there is nothing more Disappointing, and Ridiculous, than to assure a Woman she is with Child, & afterward it proves the contrary: For, though there may be some appearances, by the rising of the Belly, and a kind of motion, yet this may proceed from something else, as from Wind or Water, &c. which breaking away, causes a sinking of the Belly, and has indeed deceived many, especially Women in years. CHAP.

CHAP. II.

Of True Conception, with the Signs of it.

THe *Signs of Conception* are, If the Woman Receive an Extraordinary Delight in the Company of her Husband, and her *Menſes* are ſtayed. If ſhe has a kind of Yauning and Stretching, and feels within her (at certain times) a Shaking or Quivering, with a kind of Chillineſs felt chiefly between the Back and Shoulders, attended with ſome Pains there and about the Navel; a Rumbling, or Diſquietneſs about the Nether Belly, which happens

upon the cloſing of the Neck of the *Matrix* on Conception, and the Shrinking of the whole Frame of it, to Embrace the Cloſer and Warmer the Materials of Generation; and thereupon ſhe feels a kind of Tickling, yet in few days is afflicted with Squeamiſhneſs, much Spitting, Dullneſs, and a decay of Appetite, if not with Reaching, and Vomiting, Longing for one ſort of Diet more than another, contrary to her wonted Inclination at other times. If ſhe finds her Belly fall or grow flat, and ſoon after Swell again, and grow bigger, her Hips and Reins inlarge, *Then there is an undoubted Conception.*

Again,

Again, ſome indeed have, in ſome Meaſure, their *Menſes* after Conception, but theſe are of a very Cold and Moiſt Conſtitution; yet, over and above the other ſigns, towards the ſecond Month, their Eyes grow hollow, the Lids looſe and Limber, the Veins in the Corner of the Eyes more ſwelled and bigger then at other times, the Whites of the Eyes turned Blewiſh, the Veins and Arteries of the Neck puffed up, and more apparent than uſual; the Breſts grow Big, Hard, and are ſubject to ſmall Pains and Prickings, and contain Milk. If the Urin be White and clear, mingled with little

Moats, and on the top, after setling, it appears in colours Clouded, as it were like a *Rainbow*, or of an *Opal* colour, and there appears at the bottom a thick sediment or setling, which shaken spreads it self into particles, Swiming up and down in the Urine like Carded Wool. Towards the end, the Urin thick & Redish, by reason of the long retention of their *Natural* Courses.

These *Signs* and *Symptoms* being seriously Enquired into, by a Sober Judicious *Midwife*, will give such a Light, that Joyned with her own Experience, she can't easily be mistaken, because all the Learned in this Mystery, aprove *them as True Signs of Conception.*

CHAP. III.

CHAP. III.

Of False Conception, and the Signs of it.

FAlse Conception hath deceived many, & sometimes proved more painful and dangerous than True ones. Therefore I shall give an account what they are, with their Signs, &c. *viz.* It is sometimes a Lump of Flesh gathered together like the Gizzard of a Fowl, sometimes greater and sometimes lesser, according to the continuance of it; for Nature commonly Expelleth in the third or fourth, if not the Second Month: sometimes it is caused by a thing call'd a *Mole*, exceeding

exceeding the other in bigneſs, with which ſome Women have been troubled a Year or two, and ſometimes more. And of theſe there are two kinds. The one is a Maſs without Shape or Form, though fleſhy, hard and firm, bred within the *Matrix*, cleaving to the ſide of it, and this is called a *true one*. The other, called a *falſe one*, is of three kinds, *viz.* A groſs collection of Windineſs, Water a maſſed in Films, or a heaping together of Humours, and have their Places within the Womb. Theſe are often bred together with the Child, and are frequently the Death of it, becauſe the Child is deceived of its Nouriſh-

Nouriſhment which is carryed to the *Mole*, or being Incumbered, cannot *grow to Perfection.*

There are in theſe ſome Common Signs with the True one, as ſuppreſſion of the *Menſes*, depraved Appetite, Loathing of Meats, Peukings, Swellings of the Belly and Breſts; and thereby many, even Midwives, have been deceived. However in theſe they differ, *viz.* In a *falſe Conception* or *Mole*, the Face is uſually puffed up, the Breaſts fall after Swelling, grow Limber and are without Milk. The Thighs, Arms and Leggs grow Lame, the Face Wan & Meagre, though towards Night they puff out

again

again suddenly and very hard, the Belly being for the most part of an equal roundness, with divers continuing Pricking Pains in the bottom of it; an uneasiness in going, and a Rumbling Windiness.

As to the Motion, the *false Conception* not being animated when it moves, which is heavily, it proceeds rather from the Expulsive faculty of the Mother, than of it self, which having no Living Soul, endeavoureth not to come forth. If the Woman lies on her Back and Crushes her Belly, it will lie in the same form without Touching.

CHAP. IV.

CHAP. IV.

Shewing by the Signs, whether a Woman ſhall be delivered of a Boy or a Girl.

THe *Midwife* having given her Opinion the Woman is certainly with Child, many times a Nice Queſtion is ſtarted, *viz. Whether it be a Boy or a Girl*? For Mothers are very deſirous to know what they carry, if it be poſſible for them to be certified in it: Then as before, ſhe muſt Deliberate, and not Determine by Gueſs, for ſo, notwithſtanding ſhe may ſome times be in the right, but oftener in the Wrong, and be accounted of no know-

ing

ing Experience in this Nice Point.

If it be a Boy, the Nipple waxeth Red and ſometimes Blackiſh, eſpecially about the third or fourth Month, when the Woman begins to quicken, and the colour in the Mothers Face rather grows more Lively and freſh, than decreaſing or declining to Paleneſs. The right Breaſt is harder and firmer; and the Milk grows whiter and thicker, and being ſpirted againſt a Looking-glaſs, or ſmooth Steel, the ſmall Sparkles continue round like Pearls, and in Water mingles not, but ſinks directly to the bottom; and if you make a Cake with Milk, it will in the

the Baking continue firm and very close, if the Milk of a Boy; if not, it will be Spungy. The Right Side of the Belly will be bigger and more Coppid than the Left. The stirring of the Womb is oftener and more lively. The Male Child lieth above the Navel, by reason of it's heat. The Mother will be quick and Nimble, and of a healthful *Constitution in her condition*, &c.

If it be a Girl, it lieth low in the Belly, as it were at the bottom, because of the Coldness and Weight of the matter that forms it. The Mother at sundry times has a Pale, Heavy, and Dusky Complexion, her Eyes not bright and sparkling or Lively. She

is

is Froward, Fretful, and often Pained in the Back and Shoulders. Her Left Breaſt bigger than the Right, the Milk thin and blewiſh, her Belly often flatting, and the Motion lieth on the Left ſide; and is ſeldom quick till the fourth Month: The Veins of her Thighs and Groin are bigger and knottier on the Left ſide than on the Right. To make a further Experiment, take an equal quantity of Claret, and the firſt Urin in the Morning, put them in a Urinal, and let them ſtand twelve hours, and if a groſs Cloud appear in the middle, it denotes a Girl, but if at the bottom, a Boy; if nothing, that ſhe is not with Child.

CHAP. V.

CHAP. V

To know whether a Woman ſhall have Two Children at a Birth.

THe Signs of having two Children at a Birth ſeldom appear before the third or fourth Month, and then the Motions muſt be carefully obſerved, as alſo the Swelling of the Belly: For if the Motion be ſtrong and forcible on either Side at one Inſtant, it denotes two Children in the Womb. Likewiſe if the Belly appear more ſwollen and bigger than in other Child-bearing, and the Sides riſe higher than the Middle of the Belly, ſo that there ſeems a kind of

a valley or Line of ſeparation from the Navel downwards; if the Burthen be born with difficulty, and the Belly often fall on the Thighs and Hips, there is no great doubt of giving Judgment as to the premiſes; and whether they be *Boys*, or *Girls*, or both, I refer you to conſider and compare the former obſervations.

CHAP. VI.

CHAP. VI.

How a Woman, during her going with Child, ought to be Dieted; and what kind of Meats and Drinks are most proper and conducing to her Health and safe Delivery.

THIS much concerns childing Women to be careful in observing, if they would enjoy perfect Health, and bear strong and healthful Children; and in this I shall observe what things are particularly required, and what to be Avoided.

In the first place, let her Dwell in a good and temperate Air, neither too hot, cold, or watterish; not subject

ject to Foggs, Miſts, cold North-Winds, or to moiſt South ones. For *Hippocrates* is of the Opinion, That bad Airs, or Cold, or Moiſt Winds blowing ſtrongly, frequently cauſe Miſcarriage, eſpecially to thoſe of nice and tender Breeding, by afflicting them with Rheums, Diſtillations, & troubleſome Coughs. All ill Scents and Noiſome Vapours are ſubject to do the like, ſo that *Ariſtotle* forbids Women with Child to come within the ſmell of the Snuff of a Candle newly put out, leſt it cauſe Abortion, Miſcarriage, or untimely Labour.

Dyet muſt be ſo choſen as it may be ſeaſonable, and properly

properly nouriſhing on this occaſion, breeding good juice, and moderately drying, the Quantity ſufficient for more than her own proper Nouriſhment at other times. Nor muſt ſhe give her ſelf to Faſting, eſpecially to any Conſiderable degree, for if the Child wants it's due Nouriſhment in the Womb, it will either not encreaſe to the purpoſe, or dwindle away when it is increaſed; and being Born, will become Weakly and ſubject to Diſeaſes.

Too great a Quantity is however to be avoided, for that many times ſtifles a Child through too much abundance of Nouriſhment,

or

or makes it ſo unweildy it cannot keep in its Place, and therefore is conſtrained to come forth before it's time, or grow Sickly in the Womb.

All Meats which are either too Hot, too Cold, or too Moiſt, muſt be avoided, eſpecially in the beginning of Meals, Salt Meats, and thoſe heated with Spice, are hurtful. *Ariſtotle* forbids all manner of Baked Meats to Childing Women. Her bread muſt be good Wheat well Kneaded and Baked; and the moſt agreeable Meats are Pullets, Chickens, Capons, Young Pidgeons, Pheaſants, Turtle Doves, Partridges, Larks, Veal, Mutton, and Broth;

Broth; with a mixture of Hot and Cooling Herbs. For Sallads, Lettuce, Endive, Borrage, Bugloſs, Sorrell, or in lieu of theſe, to cloſe the Stomach after Dinner, and temperate the Heat, cooling moderate Fruits, as preſerved Pears, baked Wardens, Quinces, or Marmalades, Damiſons, Plumbs, Apricocks, Ripe Grapes, Goosberries, Currants, but of none of theſe too much, leaſt they Create Phlegmes, and they cauſe offenſive Coughing, &c. And tho' I may here preſcribe, notwithſtanding all, a Woman with Child has ſometimes ſuch a diſorderly Appetite, by reaſon of a full and ſharp Humour which is

contained within the Membranes of the Stomach, that many times they deſire things againſt Nature, as Coals, Chalk, Charcole, white-wall, &c. that can be no manner of Nouriſhment, but certainly offenſive. Theſe, tho' unruly Appetite Crave, or make them, as they ſay, Long for them, yet be ruled by Reaſon. Let a Woman conſider ſhe is a Rational Creature, and ought to be guided by Reaſon, and not run into Extravagancy to hurt herſelf where that contradicts it. When any Impatient Longings happen for things that are hurtful, the Mind muſt by degrees be turned from that, to ſomething that is

more

more agreeable, and so by degrees, they may wean themselves from all Extravagancies.

As to Drinks, good nourishing Wine, not too strong, nor too much at a time, as Canary, Malago, Sherry, Claret; also Ale that is not Foul or Mudy, Beer not too Stale, Rasberry, Cherry, or Currant Wines, new Milk, but very little either of Whey, Cyder or Gooseberry Wine, or any sharp things, by reason they cause Gripings, and do much harm to Childing Women.

CHAP. VII.

Of Sleep, Exercise, Labour, and great Noises, as they tend to the Advantage or Prejudice of Women with Child.

AS for *Sleep*, it must be Moderate, and in seasonable times in the Night, lying soft and easie, shifting sides as often as she wakes.

Exercise Moderately performed helps the Birth by Loosing the *Cotiledons* or vessels of the Matrix, whereby the Infant acquires it's Nourishment; going a moderate Pace, or riding softly is well, but Jolting in Coaches, Waggons, or on Horse-back, is very much to be

be avoided, by reaſon they frequently occaſion Abortion.

Too much *Labour* is hurtfull: Yet, as *Ariſtotle* obſerves, moderate Labour contributes to a ſafe and eaſie Delivery, becauſe thereby thoſe Excrements are Conſumed, which Sloath and Idleneſs would retain, or rather Ingender. And to keep her Belly, ſoluble, which in this Caſe is required, ſhe may take ſome Broth wherein Pruins are boiled; ſtewed Apples & Sugar, with a little Butter; Buglos, Borrage, Purſlain & Lettuce, with a little of the herb *Mercury* ſhread into Veal Broth.

Great Noiſes are very hurtful, as ſound of Trum-

pets, Bells, beating of Drums, and shooting of Artillery: Also Thunder, or the violent roaring of Water, for upon any Frights, or suddain Starts, a Woman may easily Loose her Burthen, especially the first Month, for then the *Embrio* is not firmly fastened and tyed to the Womb; and though in the succeeding Month it grows faster and bigger, yet the weight may so press it on the Neck of the Womb, that it may come forth untimely.

CHAP. VIII.

CHAP. VIII.

Of Purges to be Taken: And of the Passions of the Mind.

A Gentle Purge may be convenient, given on any occasion that requires it, from the Fourth to the Seventh Month, but after that, it is neither Practicable, nor by many held safe. All things that violently provoke Urin, and consequently will have an Influence in provoking the *Courses*, are forbidden. As also *Phlebotomy* or Blood Letting, unless some great Necessity require it; as, the Woman being so full of Blood, that it is feared it may stifle the Child

with the over great quantity; or in dangerous Diseases, as the Plurisie, &c. For otherways, the Blood being taken away when the Child is grown, it causes a Leanness and decay of it for want of a due Nourishment, it requiring now much more than when it was very little.

The Passions of the Mind are, in this Case, to be considered, as either Good or Hurtful, therefore the Childing Woman must prevail with herself, as much as possibly she can, to be Pleasant and Merry, avoidding Melancholly, Musing, Thought, or Vexing, Grieving, Freting, falling into a suddain Anger, Scolding or Exclaming;

Exclaming; neither ought she to be too violently Transported with Laughing, Coughing, Sneezing; with suddain Joy at any surprizing News or Accident: Or, on the contrary, Fear; she must therefore have a setled and quiet Mind, not subject to any Passions or Surprize that may be Injurious to what she carries in her Womb. She must not give Ear to Lamentable Tales, sad and frightful Stories, *&c.* Nor see Fighting, Fencing, Bear-Baitings, Executions, or any Gruel and Unnatural Sights. Avoid the Company, as much as may be, of Deformed Persons, Antick Pictures, *&c.* Least the Ima-

gination prove Strong, and make some Impression or Similitude on the *Fœtus* or *Embrio*. And lastly, as to these particulars, when a Woman perceives herself with Child, she must let out her Lacing, and lay aside her Busk, not only for her own ease, which is proper enough, but least the Child being straightened in the Womb, become Writhed, Crooked, or Mis-shapen.

CHAP. IX.

CHAP. IX.

How to prevent Diseases, and other Griefs, in a Childing Woman, by Oyles, Oyntments, Fomentations, and Internal Medicaments; with the several Receipts to make and apply them.

HAving layed down Rules how a Childing Woman, in sundry respects, ought to mannage herself, I now come to other particulars of as near a concern, requisite to be taken notice of, and done, in the Ninth Month, *viz.* To preserve Health, Beauty, and give a safe and easie Delivery. In the first place then, that her

Breasts

Breaſts after her Deliver
may not be too much puffe
up, and hang down like
Bags; hang, during her
Childing, a little piece o
Steel between them, by a
String, or Chain, faſtened
about her Neck; and waſh
them with this Decoction,
or Fomentation, pretty
warm and often.

Take Sage, Perriwinkle,
the herb Ground Ivy, of each
a handful; Hemlock as much
as you can hold between your
fore-finger and Thumb,
bruiſe them, and boil them
in two quarts of water and
one of Whitewine, till a
fourth part be conſumed;
then put thereto a little
Roſe Vinegar, and waſh your
Breaſts. This

This prevents them from Soreneſs and breaking after Delivery; and from many other ill conveniencies. That the Belly, when the Child Quickens, may be kept in order, from Swelling or growing too Unweildy, a Swathe is requiſit, made fit for the purpoſe, to ſupport it, and to keep the Skin from Furrowing, growing Knottey, or full of broken Veins wrinkled, Anoint it with this *Pomander*.

Take the Suet of a Young Kid, and Hog's-Lard, each three Ounces, Gooſe-Greaſe and the Greaſe of a Capon each an Ounce and a Half, melt them in an Earthen Veſſel, ſtrain them when very

very hot into fair Water, and Temper them in it till they become very White, then melt them again, adding an Ounce of Stags Marrow or Suet, wash them in Rose-water, and Anoint the Belly warm with it.

Or take Oyl of Roses an ounce and a half, Oyle of St. *John's* Wort and sweet Almonds each two ounces, Maybutter and Oyl of Jessamin each half an ounce, Sperma Ceti a quarter of an ounce; melt these together, and take a soft wash'd Leather Skin, either Dog or Sheep, made fit for the Belly, Anoint it with these Oyntment. This is usually required to be begun in the Fourth Month. In the Ninth

Ninth Month, The Woman being Healthy, it is convenient that she walk gently before Meals, for the first twelve or fifteen Days; and after that, undertake some moderate Business, or convenient Exercise; and if any Pains or Weakness happen, make the following Bath, *viz.*

Take Marshmallows with their Roots, and Motherwort, each two handfuls, white Lilly Roots three ounces, Cammomile and Mellilot flowers each a handful, Linseed, Quince-seed, and Fenigreek-seed, each an Ounce, Boil them in running Water till a fifth part be consumed, and let the Party

Party Pattle in it, and being well dryed, put into a warm Bed, her Belly, about an hour after, being supled with Oyl of Roses, Cammomile, and sweet Almonds.

CHAP. X.

CHAP. X.

Of unreasonable Longings, Hicup, and Vomitings; their Cause, and Remedy: Also Pains in the Stomach, Belly, Flanks, &c. Back, Hips and Groin; Difficulty of making Urin, Palpitation of the Heart, and Swoonings; Cough, Sore Throat; Costiveness and Laxativeness; Swellings in the Legs and Thighs, &c.

UNreasonable Longings are allayed frequently by eating Olives or Capers, boiled Sallads, Meats that are Fat and Sweet, with Verjuce, Orange, Pomgranet, Citron, or any sharp Juice

Juice in their Sauces. Some commend much Toaſted Cheeſe and dryed Amillium, and hot Spices in Meats or Drinks, but no great quantity, for then they are hurtful; as alſo is much Drinking. And for Drinks, a Glaſs of Wormwood-Wine, or Hidromel, is very good: And for this a gentle Purge may be given, of Senna or Rhuebard boiled in White-wine; about a quarter of a Pint being drunk warm Faſting.

The Hickup, and diſtaſtefulneſs of Meats, are very Incident to Women with Child, and prove uneaſie to the Child, eſpecially by weakening the Mother, and thereby

thereby its being deprived of ſufficient Nouriſhment, cauſing her either to be Delivered Untimely, or produce a Weakly Child.

Take, to Prevent or Remedy theſe, the Yolks of Eggs, Veal Broth, or Chicken Broth, wherein Endive, Succory and Lettuce have been ſhred, with Beets and Winter-ſavory; Anointing the Stomach and Belly with Oyl of Sweet Almonds and Oyl of Violets. If the cauſe proceed from a ſharp bitter Humour, a gentle Purge is requiſit to carry it downward, that may occaſion no great Straining, and an hour after take Syrup of Violets an Ounce, in a quarter

ter of a Pint of warm new Milk.

Vomiting, is another defect, but must not however be too suddainly stopt, because if it be not violent it doth some good, by avoiding the abundance of humour amassed together in the Stomach, which is indeed the cause of it, or else some sharp and biting humour, that does stir and provoke it. But it happeneth oftentimes that this Vomiting is so violent, that even the Sustenance that should Nourish the Mother, and Child, cannot remain a convenient time for digestion, but is cast up; and therefore to Remedy this,

Let

Let the Perſon ſo afflicted, ſee that ſhe uſe wholeſome Diets, eat Moderately, and by degrees, not much, nor over-haſtily. Take a gentle Purge, but in it neither *Diagridium* nor *Colloquintida*, but rather Rhue or Rhuebarb, infuſed in White-wine over a gentle fire: The compound Syrup of Cichory, with Syrup of Rhuebarb, which not only Evacuates but Strengthens; or the Syrup of Damask Roſes, with Manna diſſolved in it. Theſe are ſo harmleſs, that the Niceneſs of the Doſe need not be diſputed.

Pains in the Stomach, Flank, or Belly, often happens to Childing Women, and

and therefore let them know, theſe are in this caſe much occaſioned by Windineſs, the parts being Lax, or ſometimes the Wind is ſhut up in the Womb. To take away this cauſe therefore, the party muſt ſhun all manner of Moiſt and Windy Meats. Take a grentle purge if it be requiſite, and then apply this Fomentation, *viz.*

Flowers of Cammomile and Featherfew, each two handfuls, Red-Roſes half a handful, Anniſeeds and Fennelſeeds, each two Drams, Lawrel-bark, and Bay-berrys, each a dram, Bruiſe theſe groſly, and Boil them in three Pints of Clarret, till a fourth part be Conſumed; dip

dip into the Liquor a Linnen Cloth, and Foment the parts grieved as hot as may be; and lay on the follid matter Poultis-wise; and let the Party chew Fennel, Anniseeds, and eat first in a Morning a Toast soaked in Hypocras, or Drink a little Dram of the distilled Water of Citron or Limmon-Peels, infused in good Spirits.

Pains of the Back, Hips, and Groine, and difficulty of making Urin, are likewise incident to Childing Women; and this happens many times according to the carrying the Child in the Belly, *viz.* High or low, more backward, forward, or sidelings; and indeed the carrying

carrying very low is the occasion of most of these Pains, especially in the Hips and Groine, they proceeding more from the heavyness of the Children, than from any humour; for the Womb then being great and thick, on which side soever it resteth, it draws and strains the Ligatures on the other Parts.

To prevent which, the Party must not be extraordinary stirring, especially not Jolted, nor attempting to Jump; Eat but little at a time, though the oftener, and of such Meats as are light and easie of Digestion, for the Stomach being overpressed by fulness, presses the

the Matrix by ſtretching the Belly. In this Caſe Swathes Anointed with Oyl of Marſh-maſlows and Cammomile, are proper to ſhrink and keep up the Belly, Anointing her Back with *Unguentum Comitiſſæ*, or take Maſtick and Mirtle-Berrys, half an ounce each, Powder of Red Corral a dram, ſealed Earth two drams; beat them unto fine Powder, then add three ounces of melted Bees-Wax and Oyl of Roſes, with Deers-Suet, as much as will make them up into a Plaiſter, and lay it to the Reins of the Back ſo that it may a little encline upon the Flanks; and Bathe the Thighs and lower part

of the Belly, with the Decoction of Marſh-Mallows, Water-Creſſes, Pellitory of the Wall, Pimpernel, and bruiſed Linſeed, each a little handful, boild in a gallon of Water, to the Conſumption of a third part.

Palpitations of the Heart and *Swoonings* are to be conſidered in the next Place. The firſt of theſe being extraordinary, many times proceeds from Vapours ariſing from the Womb, and other parts nearer incloſed in the Arteries, and through them conveyed to the Heart, whoſe offenſiveneſs diſorders the pure Spirits, and cauſes thoſe Unnatural Palpitations; the Heart Labouring

bouring by motion to expel those Vapours that make it Sicken, and occasion many Evils if not timely prevented or removed. And this is to be perceived by laying your hand on the Womans Breast; for if it rise strongly, and the Ribs as it were are lifted up with it, keeping time to the Palpitation, then it proceeds from Vapours.

To remove them, take a gentle Purge, and Bleed moderately; take such Powders, or Cordials, as fortifie the Heart, fasting in a Morning, as *Aqua Mirabilis*, Dr. *Stephens*'s Water, Powder of Bezars-stone, and the Powder of the Bone of a Stags Heart mixed together, halt

a dram at a time; and theſe will not only diſſipate the Vapours, but prevent *Swoonings*, Faintings, & cold Sweats.

The Heart muſt likewiſe be outwardly Fortified, by laying a ſoft quilted Stomacher to the Stomach and Region of the Heart; and lay a cooling Cataplaſme as Mallows, Grounſil, Camomile and Orpin, beaten together with Oyl of Roſes and the white of an Egg. Then for a Fomentation, let her uſe the Water of Bugloſs, Burrage, Baum, Orange-flower, Roſes, *Cardus Benedictus*, and Scordium; infuſing in them Saunder, Coriander, or Angellica ſeeds, or any Cordial Flowers.

The

The Cough is a very troubleſome thing to Women with Child, and very dangerous if it be violent, cauſing Pains in the Head, Flanks, Sides and Belly; Vomitings, Unreſt, and many other Miſeries; with frequent Miſcarriages and Abortions: And to keep from this Grievance, all Salt Meats, Spiced Meats, and all ſharp and biting things, eſpecially if the Cough be cauſed by Vapours, or diſtillation of a thinn or ſerous Humour.

To Remedy this, boil a quart of Ale, that has well worked and ſetled, till a third part be conſumed; then fill it up again with

White-wine, and put into it four or five ſlices of Licorice, as many Blew-Figgs, a few Cammomile Flowers, Anniſeed and Coriander ſeeds, each a quarter of an ounce, let them ſeeth about a quarter of an hour, ſtrain and preſs out the Liquid part, and Drink a quarter of a pint three times a day very hot. And to make it more Pallatable, it may be ſweetned with white-Sugar Candy.

If the Throat be Sore or Swelled with it, take Oyl of ſweet Almonds an ounce, White-Sugar in Powder half an ounce, Roſe Water half an ounce, mingle theſe over a gentle Fire, with a quarter of an ounce of Allum diſolved in the

the Roſe-water. Sleeping well, without any Medicines to enforce it, mainly contributes to the ſtaying the Defluxion of Rheums that occaſion the Cough. And after you have taken the former, going to Bed, take of the Syrup of Jubebs and Violets, each a quarter of an ounce, mixed with two drams of Diaſcordium.

Coſtiveneſs is another accident afflicting Childing Women, cauſing them to ſtrain themſelves, and put themſelves thereby in danger of Miſcarriage. To prevent, or Remedy this; a good Diet muſt be had, eating Meats that moiſten and keep the Bowels ſlippery and open.

But this muſt be done with Diſcretion, leaſt too much moiſture looſen the Ligatures of the Womb, and haſten the Delivery before it be convenient: And among other Meats I recommend Veal, Necks of Mutton, Place, Flounders, Baked Apples, Pruens, Salads of Lettuce, Purſleaine, Endive, and all ſtrengthening Broths, without Spice or Saltneſs. Then

Take half an ounce of the Tops of Senne, bruize it with three Scruples of Antimony, infuſe them in half a Pint of Sherry over a gentle Fire; and Drink it hot.

Laxativeneſs immoderately, is as hurtful as the other; for it puts

puts the Woman very much in danger of Coming before her Time; and if it be not in time ſtayed, it is in likely-hood to turn to the Bloody-Flux, and there it often proves fatal. To ſtay this,

Take Conſerve of Red-Roſes half an ounce, Baum and Mint tops Conſerved, each a quarter of an ounce, Syrup of Sloes an ounce; put theſe into a pint of Red-Wine, mingle them well over a gentle Fire, and drink it Morning, Noon and Night, pretty hot: And for greater aſſureance, Adminiſter a moderately aſtringent Clyſter, *viz.* Of Plantain, Camomile, Mellilot, Borrage and Burglos Decocted in Whey or Skim-

milk; adding two ounces of the Oyl of Violets.

Swelling in the *Thighs* and *Leg*, are many times incident to Women with Child, eſpecially to thoſe that before were wont to have ſtrong Purgations; for the Blood being more than is required for Nouriſhment, alters and converts to Wateriſh or Dropſical Humours: But Women of Chollerick Conſtitutions are ſeldom ſubject to this, becauſe their great Heat dries up this Moiſture; and theſe accidents uſually happen the firſt four Months; yet if not removed, they many times remain to the Delivery.

A good wholeſome moderate

derate Diet in this case must be used, rubbing the parts afflicted often with a warm Wollen-cloth, wrap them up hard and warm with Ash Leaves, or Vine Leaves, applyed next, Anointed with Oyl of Roses, dissolved Camphire, and the Juice of Sage, Marjorum, and Oyl of Rosemary.

CHAP. XI.

CHAP. XI.

To prevent a Womans Coming before her Time, Signs of Abortion, or Miſcarriage: With proper Remedies againſt them.

COming before the Time, is called a Shift, or Sliping away; and Abortion in many Caſes, though the Women call it a Miſchance. The *Slip* is before the Womb can properly be ſaid to be ſhut, or it may be afterwards, till ſuch time the Child receives ſome manner of Form or Shape. *Abortion* is that which happeneth after Forty days, and ſometimes to the beginning of the Ninth Month, it

it being a violent Expulſion, or Exculſion of the Child Formed and poſſeſſed with Life, before the time Nature has prefixed.

This happens ſundry ways, by Accidents, as Agues, Frights, Flux of the Blood or Belly, Vomitings, violent Sickneſs, over Stiring, or the like. Alſo from exceſs of Venery, Paſſions of the Mind, Choller, Sadneſs, exceſſive Longings, or ſtrong Potions or Purges; or from the Weakneſs of the Child, wanting Nouriſhment, and ſometimes from its being too Big and Unweildy, ſo that the Womb can no longer contain it, whoſe ſtrugling cauſes the Womb

to

to Relax, and Dilate it ſelf, and ſo it forces it's Way: Sometimes from Leanneſs, and at other times from too much Fulneſs or Fatneſs, a Medium being the beſt for Women in Child-bearing.

Signs of *Abortion*, viz. When the Milk flows abundantly in the Breaſts, and comes much out without any Compreſſion; yet they remain Soft and Limber; if there be a bad Colour on the Nipple, as Blew, Yellow, Duskey, *&c.* When Water, then Blood and Slimy matter; and laſtly, Blood flows from Natures Secrets.

To Remedy theſe, there muſt be a reſpect had to the Cauſes; in Sickneſs timely care

care must be taken for suitable Remedies; all excess of Labour or Excercise must be avoided, and wholesome Diet taken, with some gentle Purges; and, if occasion require it, especially in those that are Sanguine, a moderate Bleeding; for too much Blood, or too much Nourishment is mainly Prejudicial, as well as too little. The Mother must be of as Merry a Temper as she can; nay seek for occasions to Divert, avoiding occasions of Grief, Fretting, or Pining, especially near the time of her Delivery; Let her keep her Chamber, if not her Bed, using Nourishing Meats easie of Digestion; and drinking Cordials

Cordials or ſtrengthening Liquors. Take Syrup of Borrage, Burdocks, and Roſes in Red-Wine warm. The The Syrup of Citron and Mirabolans in Milk, ſweetned with Sugar-Candy. The diſtilled Water of Comfery, Sage, or Clary. And Anoint the Belly with Oyl of Dill, Lavender, and ſome drops of Oyl of Cloves, Binding or Swathing it moderately. Oyl of Mirtle and Maſtick is very good, where the Party is of a Cold or Phlegmatick Complexion or Conſtitution.

A *Sear-cloth* of Oxcycrotium Diaculum; ſprinkled over with a little Mirrh and Nutmeg finely Powdered, is

a

a great Strengthener for the Back and Flanks; helps the Womb to retain the Infant; and prevents untimely Birth.

Thus having proceeded all along, by ſuch eaſie Methods as brings a Woman to the true time of her Delivery, I ſhall now Treat of what is requiſit in that Nature.

CHAP. XII.

CHAP. XII.

How a Woman is to be Ordered when ſhe comes to her Delivery; and to know when it is Labour or not.

THE Time of Delivery haſtening, no delay muſt be made for ſuch things as are convenient. A Midwife ought to be attenting, ſometime of waiting is required before ſhe can perform her Office, there being many things to be done in order to cauſe an eaſie and ſafe Delivery. The Woman muſt be kept waking; for too much Sleep or Drouſineſs, to which they are prone, cauſes Nature to be leſs Active:

Active: And this may be done, if she be not weak, by walking up and down her Chamber, and lying down by turns to rest. There being a good Fire, and all things necessary to prevent her catching Cold, and to Fortifie her to undergo the Travel: Yet not so much but that she may Sleep moderatly, to ease the tirements of Nature; and waking, take some refreshing Cordials, and strengthening Broths.

The time of Delivery being come, which is known by these Signs, *viz.* The Midwife must consider whether the upper part of the Belly seem as it were Empty, and the lower very Big and full

full ſtretched. Enquire of the Childing Woman how ſhe ſtands affected as to Pains; and in what manner they come and go, whether Little, or Great, or Frequent: Whether they begin at the Back, and procced to run down the Belly, not ſtaying at the Navel, but paſs to the Groin, and end in the bottom of the Belly inwardly or the inner Neck of the Womb; and from theſe ſhe may gather how near a Woman is to her Delivery; for they are Signs of her ſpeedy falling in Travel, eſpecially upon the dilating the outward and inward Orifice. If the Water deſcends, or there be any Flowings,

ings, then the Midwife muſt place herſelf conveniently near the Woman; and proceed in her Office, in which (for Manners ſake) I ſhall not give here Directions, as knowing there are many Judicious Midwives who need them not, my Main Scope being rather to direct the order of a Woman in Child-bed for her own ſafety and that of her Child.

CHAP. XIII.

CHAP. XIII.

Of Natural and Difficult Births: And how the Child ought to be Ordered when drawn forth: With Receipts for many Cordials; and Directions for other things, useful on this Imergency.

IF there be a Natural Birth, That is the Child coming with it's Head forward, the Arms on the Side, and the Throws encreasing, there is little Difficulty or Danger: Yet she must have great Courage herself, and Encourage the Woman, giving her Wine wherein Saffron has been infused, or such things as Comfort the Heart, as

as occaſion requires, yet in little Quantity. Nothing muſt be done in Delivery haſtily or raſhly, but Nature muſt have its courſe in a good meaſure, it being the greateſt helper in theſe Caſes. And becauſe the Child doth come Naturally into the World with the Face downward, when it is taken forth it muſt be turned on its Back, to prevent Suffocation, or drawing the Air too heavily. And if the Navel-ſtring, as often happens, be twiſted about its Neck, let her take it off gently.

If it be feeble or faint, that it ſcarce can Breathe, ſpurt a little Canary into the Mouth of it, which, by its ſtriving,

ſtriving will open the Pipes. She may do the like into the Noſe or Ears, but very gently, and but a very ſmall quantity. When it begins to Cry, draw the Navel-ſtring gently, that the After-Birth may follow in its due time, the Woman Coughing or Straining a little, and holding Salt in her Hand faſt graſped, recollect her Breath, and blowing hard, the Midwife, or her Aſſiſtant, ſtroaking her Belly down gently. And the Child being ſeparated, to prevent Fits, give it a little Spoonful of Black-Cherry-Water, with two or three drops of the Blood that proceeds from the Navel-ſtring when cut,

cut, which must be done about two handful from the Belly, especially of a Boy, making a Knot before the Incision. Then dip Linnen cloaths in a warm Bath of Rose-Leaves, Pennyroyal, or any Comfortable Herbs or Flowers, wrap it up warm, and keep it near a Fire, but not in a place where a free Air cannot come to it, because the Lungs at first are weak and cannot draw strongly. Cover the Head however with a thin Linnen Cloath, and let it not come too near a great Light suddainly, for fear of hurting and weakening the Sight. Then Swathe it gently, and give it some little Food, or

let it Suck some Woman whose Milk is of the same Sex, but not the Mother, because her's is not as yet proper for it, for many Reasons which I willingly omit.

The Woman being thus safely Delivered, her Legs must be layed gently straight, and a fine Linnen Cloath or Rapper diped in warm Water and applyed, all cold Airs excluded: And after some Refreshment, she may Slumber a little to recover Natures strength. Then take Caudle, Panada, Water-Gruel, or what is most agreeable to stretch out the Bowells, fill in some measure the Vacancy, and prevent Windyness, which is very

very offensive to Women new Delivered. And if she find herself Faint, and Uneasie, let her take the following Cordial Drink.

Take the Syrup of Maidhair one ounce, Pellitory Water, Cardus Water, each half an ounce, mingled in a quarter of a Pint of warm White-Wine. And Anoint the parts with Oyl of Almonds drawn without Fire.

As for the Child, when it has well Breathed, and taken some refreshing Nourishment, give it three scruples of Mithridate or Venice Treacle in a Spoonful of White-Wine, or any proper Cordial Water.

If the Woman be weak in

her Parts, and Pains continue in her Back, Flanks, or Groin, take a Sheepskin that is newly pulled off, clap the Fleshy side about her, and wrap her up warm in it, and and it will wonderfully strengthen her, if it be repeated every two days. Or for want of this, lay a Hares Skin or Rabits Skin taken off warm on her Belly. But in my Opinion, the former is a great deal better. And to Lenify the distended parts,

Take Oyle of Hyperion and St. *John*'s-wort, each an ounce, an ounce of the Oyl of Roses, and two whites of Eggs finely beaten together, and apply it as a Lineament and Pessary. Then let her

gently

gently raise up her Thighs, that her Knees may lie up to ease her Back. When the Skin is taken off, chafe her with Oyl of Roses, Almonds and St. *John*'s-wort. Swathe her with soft Linnen three or four times doubled; and beware she takes not Cold, suppling her Breasts, if given to Chaping, Hardness, or subject to Knots, Tumours, or the like, with Oyl of Olives and Sweet Almonds. And above all things keep the Chamber close and warm, that she take not cold in any part; for the parts distended by the force of Travel, will easily contract Cold Airs: And when she is desirous of Sleep, before she goes

goes to it, let her take a refreſhment of ſome ſtrengthening Broths, made of Veal, Chickens, or if ſhe be more deſirous of it, a couple of Poached Eggs.

Difficult Deliveries require ſomething more than what I have mentioned; and the Midwife muſt be yet more Careful herein, becauſe not only her Reputation, but the Life of her Patient is mainly concerned in it. There are many Births that require great Skill and Labour to bring them forth, becauſe they come Prepoſterouſly, or contrary to the Natural one; as lying ſide-ways in the Womb, coming Stradling with the Feet forward, or the

the Arms ſpread over the Head, the Buttocks forward, or the like; and theſe muſt, by the Midwifes Skill, be reduced to their proper form if it may be, and ſo drawn forth, before the Woman be too far ſpent, the Vital Spirits waſted, or Nature enfeebled: And if a Midwifes ſtrength or Skill prevail not, a Skillful Chirurgion muſt be ſent for before it is too Late. Some Midwives fancying in doing this their Reputations would ſuffer, have kept their Patients in Pain and Hope, till at laſt finding themſelves Conſtrained to ſend, when the Caſe was deſperate, they have been obliged to part with Woman, or Child, or both, to the Grave. CHAP.

CHAP. XIV.

What ought to be done if a Woman come before or after her Time; and to bring away dead Children. Alſo to ſtay the Flux, and Remedy divers other Accidents happening to thoſe newly Delivered.

TRavel may likewiſe prove Painful or Difficult when the Woman is Delivered Before or After her Time. The Firſt of theſe is, when it comes in Six, Seven, or Eight Months, which happens when the Womb is too Weak, or Moiſt, which ſoftens the Neck of it, and makes it dilate and Emit the Child before the due courſe of

of Natures Expired. As also the Vessels to the Orifice, whereof the After-Burthen is fastened, begin to Relax, by which means the Infant cannot be supported, or remain in it's Natural Situation.

This Pain and Troublesome times happens when the Child grows so bigg, that it stretches, or Extends the Womb in every part, by a great encrease, or overstaying the time, some times in the Tenth or Eleventh Month: For the Matrix and Muscles of the upper Belly being extended beyond measure, do inlarge the Fibers, which cannot be Easily drawn together again, having lost

their

their Natural Strength and force.

To help this defect, the cause being rightly understood, such Medicines must be used as are proper to Mollifie and Strengthen the parts, especially the Membranes, that they may further dilate and stretch themselves, by being made more supple and Gentle. Anointing the Cartilages that Joyn the *Os Pubis Sacrum Coccygis*, and *Ilium* at the time of Delivery. And let the Woman take of Pellitory-Water two ounces, Oyl of Sweet-Almonds one ounce, well mingled together, and pretty warm; and after this, some strengthening Cordi-

als:

als: And this likewise much avails where there is any Calosity, or hardness in the passage of Nature.

There are also other Accidents which must be provided against, as the Flux of Blood and Convulsions in time of Labour. These are very dangerous to the Mother and Child, and often destroy both, especially the former, if of long continuance; Because the Blood being the treasure of the Life, the Spirits and Heart are carried away with it. And again, the Convulsions hurt the Brain, that it cannot Communicate so much Spirit as is needful in this imergency, for the Respiration of the

Mother,

Mother, and the Child, who Breathes only by the means of the Spirits that are Imparted by the Arteries of the Mother, for want of which it is many times ſuffocated. And theſe happen ſingle, or both together. Make what haſte you can to Deliver the Woman, after having fortified her with ſtrengthening Cordials, which cannot however be conveniently done but by a Skilful Midwife of Courage and able Body, or Chirurgion. For if it be not ſoon done, the Child will be brought forth Dead, or if Alive, hardly it lives long after. But it muſt in this Caſe be conſidered, whether the

the Woman be at her full Time, and a neceſſity of Delivery requires it; for ſome have Fluxes of Blood at four or five Months, and then it is not practicable, but rather to divert it by breaking a Vein, or uſing ſuch Medicines that may turn the courſe of it. But at the full time, though ſome are of Opinion to let Blood, in ſuch Caſes is requiſit, yet what I propoſe always proves much more effectual, the Woman being happily Delivered, of either the one Birth or the other, there yet remains a great deal more to be Conſidered, in order to reſtore her to an Upriſing.

Dyet, in this Caſe, muſt be

be prepared that may be suitable to the Weakness of the Womans Constitution: For soon after Labour, the Stomach cannot suffer, or at least well Digest strong Meats; and many that unadvisedly Eat such, fall into Feavours, and from them to the Grave. Broths, Panada's, Jellys, Poached Eggs, and Gruels, are the most proper for the first four or five days. Then Barly-broth; and so to stronger things by degrees, as Gellys, Chickens, or small Birds. And take a Drink between whiles, *viz.* *French* Barly, Coriander-seeds, and Cinamon boiled in spring Water, straind and Sweetned with Sugar. And for a

Strengthening

Strengthening Liquor, or Cordials,

Take a Capon, parboile it, then cut it in pieces; and take of Baum, Borrage and Bugloſs, each a Handful: Put them with the Fleſh of the Fowl into a Glaſs-Alimbec; ſprinkle them over with a dram of the Powder of Pearl, and break in ſmall pieces two or three Leaves of Gold, then pour in ſome of the Water the Capon was ſodden in; Diſtil theſe in a double Glaſs, or *Balneo Mariæ*, till there Iſſues a quart of diſtilled Water; and let the Woman take an ounce of it twice or thrice a day. This ſtrengthens the Heart and Brain, prevents fainting, cold Sweats;

Sweats; and much fortifies Nature. If she be not Aguish or Feaverish she may Drink a little White-wine, or Clarret, wherein Borrage and Limon-Peel have been infused, mixing with them some Syrup of Maiden-hair, or other Astringent Syrups. At eight days end, the Womb being well Purged and Cleansed, she may take stronger Meats: But must be kept quiet from great Noises, and close from too free an Air, avoiding all Sadness and Grief that may afflict or depress the Spirits.

CHAP.

CHAP. XV.

How her Belly, &c. must be Ordered after Delivery: And what Physick and Cordials are proper, from her Lying down to her Uprising. Which many other things needful to be known and Practiced.

CAre also must be taken of her *Breasts* and *Belly*, for the first, anoint them with Oyl of Cammomile, and Mirtle, and Roses, well mixed together: Swathe, or bind them up gently; and beside a strengthening Searcloath layed to the Back, apply to the Navel, a Plaister of Galbanum two or three fingers

fingers broad. And to keep the Milk from Curdling, anoint the Stomach and Breaſts with Oyl of Roſes and Populeum.

A Bath upon this account is very convenient to ſtrengthen the Delivered Woman, which you may make by boiling Mother-wort, Penny-Royal, Agrimony, Roſe Leaves, Cammomile, Mallows, and flowers of Melliloe, in three parts Water and one of White-wine, in which ſhe may Bath herſelf all over, or the Liquor warm applyed with Linnen Cloaths to her Body; and before, ſhe may take conſerve of Roſes, Bugloſs, and Candyed Citron Peel, finly bruiſed and mixed

ed in a Glass of Wine.

Griping Pains are many times troublesome to Women after Delivery. To Remedy this, let her take an ounce of the Oyl of Walnuts, and half an ounce of Sweet Almonds drawn without fire, in warm Ale or Wine. And foment the Stomach, Belly, and lower parts, with the Decoction of Cammomile, Marsh-mallows, Melilot, Pelitory, Linseed, and Mugwort boiled in Milk, and apply the Herbs warm Pooltis-wise.

If the Matrix fall down, Bath and Foment the Parts with the Decoction of Red-Roses, Cammomile and Lavender boiled in Milk;

put

put it up gently, followed by a Peſſary dipt in Red Wine, wherein Plantain, white Muller, and red Roſes have been concocted.

If Hurts, or Excoriations happen in the lower parts by Child bearing, take Oyl of St. *John*'s-wort and Oyl of Roſes, beat them up with the White of an Egg, and apply a Linnen-cloath diped in this mixture, to the afflicted part, and lay a ſtrengthening Plaiſter of Mirrh, Maſtick, and white Bees-wax to the lower Region of the Belly.

If the after Purgings come not away kindly, or in over abundance, they muſt be helped or Reſtrained; and by

by these a Womans Health or Sickness is guessed at, during the time of her Lying-in. For if they be of the Natural Colour, and soon congeal, it is in a sign she is in good Health, and will continue so to her Uprising. But being little in quantity, pale coloured, and do not congeal suddainly, then Nature is out of order, and proper Remedies must be given to prevent or remove Sickness. If the Purgings be excessive, then moderate letting Blood is held necessary; and taking such astringents as may in some degrees restrain them; for there is no means that makes better revulsions, and draws the Blood sooner from the

the place to which it floweth, than the opening of a Vein. And at the same time apply the following Cataplasme to the lower parts of the Belly, *viz.* Bole Armenick and Dragons Blood, each an ounce, Gum Tragacanth half an ounce, Mirtle Berrys and dryed Rose Leaves beaten to Powder, each a dram; the Juice of Plantaine an ounce; make them into the thinness of a Plaister with *Unguetum Comitissæ.*

To make the Purges come freely, boil a little Senna in White-Wine with a blade or two of Mace, Rosemary Flowers, or Tops, and a little slice of Rhuebarb; drink the

the Liquid part twice a day, two ſpoonfuls at a time, and apply to the Navel a Poltis of Featherfew, Groundſil and Melilot; drinking ever and anon a Glaſs of old Mallago wherein blew Currans have been boiled with ſome ſlices of Licorice. Eating ſuch things as are Moiſtening and opening, to dilate the Orifices of the Veins, which are much ſtoped by the long reſtraint of their wonted Flowings. Sometimes the ſtayings proceed from ſuddain Griefs, or Anger, or other Paſſions of the Mind, which muſt be avoided, becauſe they thicken and Vitiate the Blood.

Taken then Succory, Burnet,

net, Endive, Agrimony, Violet-Flowers, boil them in Sweet-Wine, and let the Woman drink a little Glaſs of it warm, with the Syrup of Maiden-hair diſſolved in it: and uſe a warm Fomentation of opening Herbs, as Camomile, Mlliot, Parſly, let her Eat Green Peas, Aſparagus, *&c.*

To bring away a falſe Conception after Delivery, *viz.* If it be large and came not away with the uſual Purgings, it may be thought to ſtick to the ſide of the Womb, and in danger of turning into a Mole, which will prove yet more troubleſome and painful. To bring them away, Firſt ſhe muſt

uſe

ſie reſolving Baths, to looſen and moiſten the whole Body, that the Matrix may be enlarged, and the paſſage dilated. Secondly, Cliſters of cooling and ſupling Herbs. Thirdly, Gentle Purges, to cauſe the excrements to avoid; as alſo to renew the Natural Courſes. Fourthly, By Injections, which may provoke and ſtir up the Expulſive Faculties of the Womb, and with them move and bring away the Falſe Conception.

If the Neck or Sides of the Womb be Glutinated, or Joyned together, the Woman muſt be Purged and let Blood, yet moderately; as alſo Bathe are ſucceſ-

ful, made with Emolient Herbs, Barks, or Roots; and Fomentations of the like, uſed to the lower parts, to ſoften and moiſten the affected Places.

And thus much may ſuffice for the Ordering a Woman from her Lying in, to her going a broad again. And If I have paſſed over any Accident that does not uſually, or by the courſe of Nature, *&c.* happen, no doubt but a Skillful Midwife or Nurſe will find a means to Remedy it, or for defect of Skill, timely apply themſelves to ſome able Surgeon or Phyſitian. And ſo from hence I haſte to the Child which I have left ſo long, to

give

give Directions for the well Ordering it, as to its Health and Thriving, &c.

CHAP. XVI.

Of Nurses, How they ought to be Qualified and Dieted.

IN the first place, if you take not the care of bringing it up your self, make choice of a good wholesome cleanly Nurse, whose Complexion and Constitution is agreeable to the Childs. See that her Milk be of middle Substance, neither too Thick or inclining to Curdling, or too Thin or Waterish; for the first clogs the Lungs and Stomach of the Child, being

of a bad and hard digestion; and the latter Causes Scourings, Gripings; and yeildeth but little Nourishment. As for the quantity of Milk, a Nurse should rather have too much than too little, that the Infant may draw it the more freely, without hard Sucking, to gather windyness in the Stomach, She must also be of a Merry Temper, not Peevish or Fretful, given to Anger, or any Violent Passions; for these tiring the Humours, have a great effect on the Child, in as much as the Natural Temperature of the Milk is in some measure altered or changed by it. And this is known by the Colour; if it be blew, it

denotes

denotes the Woman given to Melancholly; if Yellowish, to Choller; if something inclining to Red, it is not well digested, and denotes a weakness in the Breasts through Cold, Hurts, or the like defects, or an Ill Quality or defect in the Blood. Therefore that which is Nourishing and wholesome, is very White; in a Medium between Thick and Thin; and this may be tryed on a Looking-Glass, or any other smooth Body, for a little being spurted on it, if (when the Glass is reared a little sloaping) it run off presently, then it is too Thin; if it sticks, and is hard to move, then it is too Thick, or Fat;

but

but if it slide away leasurely, then it is between both.

As to the Age of the Nurses Milk, I am of opinion it is the best at two Months Lying-in; & so may continue pretty well till the eighth Month, but then it continually declines. It is also to be considered, that to breed good Milk, her Meats and Drinks, must be wholesome and Seasonable. She must avoid hot Spices, Strong-waters, Spirits, and Sweet Wines, at least not take any great quantity of them, or little quantities often. And by reason the Sex of the Nurses Child is likewise to be considered, I hold that the Milk of a Male Child is

to

to be preferred; and for this Reason, *viz.* Because it is hotter, better Concocted, and not so excrementious as of a Girl. And further, an enquiry ought to be made, whether the Nurse you propose went her full time, for this is of Moment; because, if she did not, she may happen to be of a Sickly weak Constitution, though she may at sundry times appear outwardly to be Healthful.

Further, as to *Dyet*, all Onions, Leeks, Garlick, Mustard, Strong Cheese, and Bak'd Meats with hot Seasonings, ought to be forborn. And Veal, Mutton, Chickens, Nourishing Broth, and such Meats, as breed good

Juice, chosen. Fish is too cold and moist, unless she be of a hot Constitution. Then let her put into her Pottage Purslain, Sorrel, Borrage, Buglos, Letuce, Succory Endive, *&c.* And drink Beer, Ale, or Wine and Water mixed; Mead, Metheglin, but not too much Cyder, because it sharpens the Milk, and Gripes the Child. Her exercise must be moderate; and her hours of Sleeping seasonable; and take special Care to keep her little charge Clean and Sweet in all parts, *viz.* The Nose, Ears, Eyes, and Mouth, as well as the lower parts. If she perceives any part of the Child to Warp, or incline to Crookedness,

Crookedneſs, ſhe muſt be careful to Swathe it in time, whilſt it is tender, that by degrees it may return to ſtraightneſs; or if it ſeem difficult to her to Acompliſh it, let her Adviſe the Parents, or ſome able Surgion, before it be gone too far; for this has been a miſery to many in growing Crooked, that might at firſt have been prevented, wth a little Care and Coſt, when the Bones and Ligatures were more Flexible.

CHAP.

CHAP. XVII.

How to Order the Child in it's Dressings, Lying, Sleeping, Diet, &c.

WHen the Child is opened to be Dressed, before a Fire, Rub and chafe the Back, Belly and Hips gently with your Hand, sometimes rubing your hand over with Oyl of Roses or sweet Almonds. This loosens the Skin, and supples the Flesh, stirs the Humours from setling too much in the Joynts or any of the outward parts, and makes it grow. And above all, beware not to Swathe it too hard, yet so that it may not Lax, or warp in any of it's

it's Members. And when it is placed in the Cradle, take care it lies not too long on the Back, or on one side, but shift and turn it, the Head being kept a little raised, that the Excrements may more easily flow from the Brain through the Emunctories. Let the Cradle be placed in a convenient warm Room or Chamber, not subject to too great a Light, or too much Gloomyness, for a great Light is offensive to the Eyes & Brain of a Child, they being but weak for a considerable time after the Birth; and too much dark keeps them so, and oppresses it by stiring up the Melancholly Humour. Too much

Heat

Heat is apt to make it catch cold when it comes into the Air. And cold cause flegmatick Humours, which glutination occasion stuffings or stopping in the Head; and therefore the Medium is to be preferred. Set not the Cradle or Bed too near a Window or Fire, least the Light of either, attract its Eyes; and by straining awry to look at it, becomes squinting: But let it be placed rather right against the Light, that it may look directly forward.

And as for Sleeping, untill he be two Years Old, there need be no restraint of it; but rather, when it is Froward or Restless, means used

used to provoke Sleep; unless immoderate Sleep, as sometimes it happens, be occasioned by a defect in Nature, as too great a Moisture or Wateryness of the Brain, &c. Then such Remedies must be used as may Remedy it, viz. Boil Cinamon, Mace, or Nutmeg, in the Milk, or give it some of the distilled Water of these in a little Wine.

Suckling the Child must be had a regard to, as to the Manner and Quality. As to the first of these, sometimes spirt some Milk either upon its Lips, or into its Mouth; and if it's drawing be strong, gently squeez the breast with your finger, that the Milk may flow and become

more

more easie, so that it may rather seem a Pleasure than Pain, but so that it may not swallow too fast, for fear of a suffocation, or too great an oppression of the Stomach. As to the second, the quantity cannot easily be set down, some Children, according to their stronger or weaker Constitutions, requiring more than others; and therefore the Nurses discretion must proportion it; for too much is almost as bad as too little, for this breeds gross Humours, as the other on the contrary causes a Pining, or Wasting: And it is held for the first five days, Suckling twice a day is sufficient; and so

as it gathers ſtrength the times may be increaſed, but not too many, as many Fooliſh Nurſes do, claping the Child to the Breaſt every time it Cries, and ſeems froward.

Sweetneſs and Cleanlyneſs about Children, much contributes to their Health and Growth; and this muſt be obſerved often, eſpecially when it Wakes, or is taken up: And above all avoid Frighting them, for that makes them many times fall into Fits, and Epilepſies, or falling Sickneſs, and indeed intimidates their Spirits, by making ſo early an impreſſion on them, that growing up with them they are apt

to

to ſuddain Frights, Startings, and fears at the fancy of Goblings, Spectres, and ſuch Old Wives Tales as they have been Bug-bear'd with in their Infancy.

But not to dwell longer upon what every Skillful Nurſe cannot but underſtand, I ſhall proceed to what is more Material, *viz.* To Treat of the Diſeaſes incident to Children; and preſcribe proper Remedies, which a Nurſe by theſe directions may give them for the reſtoring Health, *&c.*

CHAP.

CHAP. XVIII.

Of the Diseases Incident to Children: With their Cure.

HUrts and Bruises often happen to a Child coming out of the Womb, especially in hard Labour; and when any such appear, immediately make a Fomentation of Roses, Melilot, Cammomile Flowers, and St. John's wort, in White-wine, and bathe the parts with it warm; Anointing it afterward with a mixture of the Oyl of these. Give it a little Black-Cherry-Water, or Canary wherein Saffron has been tempered, and let it rest; laying a Lenitive Plaister of White-

White-bread and Bole-Armoniack boild in Milk.

Swelling of the Head has sometimes it's beginning from the Womb; for the Mother being with Child, and not careful of her Diet, Crudities, and Raw Humours are thereby gathered, and breed a Waterish Blood, which the Child feeding on, and not able to digest or evacuate during it's being in the Matrix, it settles in the Head, and causes Swellings; and sometimes from other Causes, *viz.* Windyness, &c. If it proceeds from Water, it subjects the Child to Vertigo's and Epilepsies, little Sleep, much Fretfulness, and Crying.

ing. Wind causes Pains and Drowsiness, for these let the Child have pleasant Scents to refresh the Brain, as Flowers or Spices, but not any strong Perfumes. Give not any thing that breeds much moisture, or Phlegme, or any ways subjects it to Windyness. Wash the Head with the decoction of Sage, Bettony, Agrimony, Calamint, Anny-seeds, Fennel-seeds, Flowers of Cammomile, Red-Roses boiled in spring Water. And lay to the Crown of the Head and Temples a Plaister, *viz.*

Bees-wax an ounce, Oyl of Cammomile and Roses and *Unguentum Comitissæ*, each half an ounce; Sage

and

and Bettony Dryed to powder, each two dreams; and give it a little *Manna* disolved in Milk, that may gently move the Humours. Children have sometimes excrescences of Flesh on the Roofs of their Mouths: The Lips cleft, commonly called a *Hare-Lip*. And to Remedy these, it is properly a Surgeons business, and beyond the Sphere of Nurses, by reason they require Incision; and therefore I forbear to give directions in them, and require the Nurse or Parents, as soon as the Child is of strength to endure the operation, to send for an ingenious Artist to Remedy these defects.

Diseases

Diseases in the Eyes, Ears, and Nose, often happen; and for the first, if there be a Dullness of Sight, Redness, or Watery Rheums in the Eyes, wash them with Plantain and Eyebright Water Morning & Evening, beat up a Yolk of an Egg with some Oyl of Roses, a Rotten Apple, some Crumbs of White-bread, and a little Bole-Armorick, spread it thinn upon a fine Cloath, and clap another very thin Cloath upon it, to prevent it's going into the Childs Eyes, and so bind it over them when it is layed down to rest; and renew it every six hours, and the effects will answer your Expectation.

If

If the Nose be stoped with Slimy or Tough Matter, so that there is a great difficulty in Breathing, then dip a Lint in *Unguentum Rosatum* and thrust up the Nose; and when it is taken out spurt up a little White-wine to make it sneze, and keep it very warm.

If the Eares run, or are stoped up, drop in a drop or two of the Oyl of bitter Almonds once or twice a day, cleansing them with Lint twisted at the end of a small Bod-kin or Wyer, diped in Bettony-water. If the Eares be Fretted behind or Galled, take Nut Oyl half an ounce, the like quantity of White Bees-wax, and a little of the

Juice of Houſleek, temper them over a gentle Fire till they may be ſpread like a Plaiſter, and apply it to the Sore part.

If an *Ulcer* or *Thruſh* happen in the Childs Mouth, diſolve a quarter of an ounce of Allom in an ounce of honey, made thin with White-wine, and Gargle the Mouth with it. Then Cool the Mouth with Honey of Roſes, Syrup of Violets, and Plantain Water, well mixed together.

Inflamation, or Sweling in the Gums, to Remedy it, Rub the Nape of the Neck, the Jaws, and Temples, with Oyl of Roſes; as alſo the Gums with Honey of Roſes,

and

and then the Juice of St. *John*'s-wort, well Incorporated over a gentle Fire; laying a hot Figg fit in ſunder to the Swelled place.

The ſtring under the Tongue ſometime comes from the bottom, and reaches to the tip. This requires only to be cut with a very ſmall Inſtrument to a convenient proportion, that the tongue may neither be ſtraightned, nor loſt out to hinder the utterance of words; and to cure the pain it may occaſion, rub it with honey.

The Cough is dangerous to little children, by making them Strain & caſt too much. To remedy it, take a little Licorice Aniſeeds, Figs, and

a blade or two of Mace, boil them well in Ale, sweeten it with white Sugar-Candy, and give the Child a spoonfull or two at a time pretty warm.

The Navel swelling is another Grief Incident to Children; wherefore, when it is any ways Inflamed, anoint it with *Unguentum Rosatum*, and *Populeon* mixed together; and give it cooling things, so the swelling will abate by swathing gently with a Linnen Cloth, and laying on a Poultis of Mallows, Cammomile, and Hoggs-Lard.

Griping and Fretting of the Bowels, occasioned by too much Moistness or Salt-

ness, is not only Painful but Dangerous to Children. For this, a Clister of cooling Herbs boiled in Milk, and seasoned with Sugar, is a seasonable relief, taking immediately after it, a dram of *Venice* Treacle dissolved in a spoonful of Treacle-water.

Worms are very frequent and troublesome in Children, Taints their Breath, and makes them Pine away, whether in the Belly or Stomach. Therefore to remove them, with the slimy cold Humour they are bred of, Boil some Tops of Rhue in White-Wine, sweeten it, and give the Child Morning and Night very warm. Then Cummin-seed, Navel-wort,

mix

mix with them a little Ox-gall and grated Nutmeg, lay them between two thin Cloaths, and apply them warm to the Belly, and Stomach.

Teeth in Breeding cauſe Pain, and many times Feavours. To make them breed eaſily, beat Corral to Powder, mix it in a little diſſolved Allom and Honey, rub the Gums hard with it, and it will make way for the Teeth to come out the eaſier: And if, notwithſtanding, they come not forward kindly, an inciſion may be made in the Gums. And to aſſwage and eaſe the Pain in breeding Teeth, ſtring the ſmall Roots of Smallage like

a Neck-lace, and tye it about the Childs Neck.

Convulſions, or Fits of the Mother, are very dangerous and troubleſome. For this anoint the Stomach and Temples with *Oleum Ireum*, or with Oyl of Lillies; give it a grain of Bezor in a ſpoonful of Plantain-water; and Bathe the Forehead with the diſtilled Water of ſweet Marjorum.

Ruptures, or the falling down of the Tail-gut, muſt be taken ſpeedy care of. This happens ſometimes to come into the World with them. To remedy this, the parts ſwelling Out, or falling Down, may be bathed with the Decoction of Roſes, Melilot,

lilot, Flowers of Cammomile, Knot-graſs, in fair water. Then apply this Plaiſter to the Part, or as near as may be, *viz.*

Take Powder of Maſtick, Olibanum and Sarcocol, each a dram, Syprus-Nuts two drams, bees-wax and Oyl of Maſtick each half an ounce, make them into a Plaiſter over a gentle fire by well mixing, bind and keep up the parts; and let the Feeding for ſometime be ſparing; eſpecially give nothing that cauſes Windyneſs or Cold afflicting Humours, that Lax the Parts, and mainly occaſion theſe defects; but rather take ſuch things as are Drying and Reſtringent.

To retain Urin, and not Piſs a Bed, Take the Powder of a dryed Acorn, and that of the Inner Skin of the Gizard of a Capon, give a dram at a time in a ſpoonful of White-wine.

CHAP. XIX.

Of the Small Pox in Children: It's Cauſe, Symptoms and Cure.

THe Small Pox is a Diſeaſe very incident to Children, and is ſo generally known that I need not uſe many words to deſcribe it: It proceeds from aduſt Blood mixt with Flegm and Choller; and always beginneth with a Fever, ſoon after which

which there ariſeth ſmall Puſtula's upon the Skin throughout all the Body, which do not ſuddenly come forth, but by intermiſſion, in ſome more or leſs, according to the quality of the Body infected therewith.

If theſe Puſtula's appear red, with general pain, and great heat in the Body, it is a ſign it proceeds from Blood. If they come from Choller, they will appear of a Yellowiſh Red and Clear Colour, with a Pricking Pain in all the Body. But if they come of Flegm, they will appear of a Whitiſh colour, and ſcaly. And if they come of Melancholy, they will appear Blackiſh, with a pricking Pain.

When they appear in a short time, and look red in their coming out, and white after they are come forth, growing speedily to Maturation, and that the Child draws its Breath easily, and the Fever leaves it, there is great hopes of its recovery. But when the Pox lies hidden within, and appears not outwardly; or if after they are come out, they strike in again, and Vanish away; or if they look of a Black Blewish, and Green colour, and are attended with difficulty of Breathing, and a Flux or Lask; also when the Pox run together in Blisters, like scalding Bladders, and then on the sudden do sink down, and grow

grow dry, with a hard black Scar or Cruſt, as if it had been burnt with a hot Iron, all theſe are very ill ſigns, and denotes Death.

In the Cure of this diſtemper, the uſual way is to let Blood, in the Baſilica Vein in the right Arm: But in Children, and thoſe that are very weak, I hold it better to let it alone, and leave the work to Nature, eſpecially in Sucking Children: For when we ſee Nature endeavouring to expel the Malignity, we ought not to uſe any means at-all, but leave the whole Operation to Nature; which we muſt only help by keeping the Body in a reaſonable heat: But if the

Pox is slow in coming forth, you must help Nature with Cordials, and by sweat to thrust it out from the interiour & Principal Parts: For which purpose the following Drink is excellent good:

Take a quart of Posset-ale and a handful of Fennel-seed, boil them together till a third part be consumed, then strain it, and add thereto one dram of Treacle, and one scruple of Saffron in Powder, mix them together, and give two, three, or four ounces thereof to drink Mornings and Evenings, as the case requireth,

But if the Child be so weak that it cannot expel the Disease, in convenient time, then

Epithemate

Epithemate the heart with the following Epithemation.

℞ *Aquarum ros. Meliſſæ, Card. B. 6. Bugloſs, Morſus Diaboli, vini alb,* of each 4 ounces, *Aceti Roſ.* two ounces and a half, *Pul. Roſ. Rub. Trium Sanal. Cinamoni, Elect. Diamorg. frigid.* of each half a dram, *Mithridate* one ounce, *Treacle* four drams, mix all theſe together, and let them boil a little, and ſo warm, Epithemate the heart. When you have done this, give ſome expulſive Drink, or Electuary, as the Cauſe requires, and cauſe him to ſweat upon it.

When the Pox are come out, to prevent Diſ-figuring the Face, as Pitting, befor-

det

let them alone till they grow white, and come to maturation; and then open every Pustula on the top with a Pin, and then thrust out the Matter very gently with a soft Linnen Cloth; and if you perceive them to fill again, open them as you did at first, for if you suffer the Matter which is in them to remain overlong, it will fret and corrode the Flesh, which causes those Pits that remain after the small Pox is gone. When you have done this, anoint the place with the following Oyntment:

Take Elder-leaves one handful, Marigolds two handfuls, French Mallows one handful, Barrows Grease

six-

six Ounces; bruise the Herbs in a Morter, and then boil them with the Grease in a Pewter Dish, on a Chasing-dish of Coals, until the Juice of the Herbs be consumed; then strain it, and anoint the face therewith: The best time to make it, is in the middle or latter end of *May*. You must anoint the place grieved with a Feather, and as it drieth in, anoint it again; and so continue it, and it will soon dry them up, and keep the place from Pits and Holes: Also if you anoint the Pox with the Oyl of Sweet-Almonds, newly drawn, three or four times a day, (which you must be sure to do, as soon as the Pocks

Pocks are grown white, and come to maturation, it will Cure them without Pits or Spots, and easeth the Pain and burning.

If after the Pocks are come out, they do not grow to Maturation, you may help it by this decoction: Take Mallows one handful, Figs, twelve in Number, Water a quart; cut the Figs small, and boil all together until half or more be Consumed, and then wet a fine soft Linnen Cloth therein, and touch the Place therewith oftentimes, and it will soon bring them to Maturation.

CHAP.

CHAP. XX.

Of Barrenneſs: Shewing the Signs of Inſufficiency in Men and Women, and Remedies againſt it: With other choice Secrets.

IF it be a Bleſſing to have Children, as certainly it is, then Barrenneſs muſt needs be a great Curſe. We will therefore enquire into the different kinds and occaſions of it. —— Barrenneſs is Natural and Accidental.

Natural Barrenneſs is that which happeus to Women, when there appears no viſible obſtruction either in her or her Husband: Which may proceed from a Natural Cauſe

Cause, for where both Men and Woman are of one Complexion or Constitution, they rarely have any Children: For if the Constitution of the Woman be hot and dry, as well as of the Man, there can be no Conception; and if on the contrary, the Man should be of a cold and moist Constitution, as well as the Woman, the effect would be the same: And the way to help this, is for Young People before they Marry, to observe each others Constitutions, if they design to have Children: For Discordant Natures make the only harmony in the work of Generation.

There is another Cause of Natural

Natural Barrenneſs alſo, which is occaſion'd by letting Young Virgins Blood in the Arm, before their Monthly Courſes are come down, which is uſually in the fourteenth and fifteenth Years of their Age, and ſometimes perhaps before the thirteenth, but never before the twelfth: For being before thoſe Purgations uſually indiſpoſed by fulneſs of Blood, they commonly open a Vein in the Arm, which being often repeated, diverts the Blood from its proper Channel, that it comes not down into the Womb, which by that means dries up, and the Young Woman is thereby rendred Barren. The way

to

to prevent which, is to let no Virgin Blood in the Arm till her Courſes are well come down; but rather in the Foot, which will be a means to draw the Courſes downwards.

Another Cauſe of Barrenneſs is the Debility of Perſons in Copulation; if Perſons perform not that Act with all the Heat and Ardour that Nature requires, they may as well let it alone, and expect to have Children without it: For Frigidity and Coldneſs never produces Conception: To help this, ſuch things are to be taken as do increaſe the Seed and ſtir up to Venery, and further Conception, *viz.* Eggs, Milk,

Milk Rice boil'd in Milk, Sparrows Brains, Fleſh, Bones and all; the Stones and Pizzles of Bulls, Bucks, Rams Boars; alſo Cock-ſtones, Lamb-ſtones, Partridge, Quails, and Pheaſants Eggs. And take this for a Rule, That whatever any Creature is addicted unto, they ſtir up the ſame quality in the Man or Woman that Eats them. And therefore Partridges, Quails, Sparrows, *&c.* being extreamly addicted to Venery, work the ſame effect in thoſe Men and Women that Eat them. And in what part of the Body the Faculty which you wou'd ſtrengthen, lies, take the ſame part of the Body of another Creature,

ture, in whom that Faculty is ſtrong, as a Medicine. As, to the preſent purpoſe, The Procreative Faculty lies in the Teſticles; therefore *Cock*-ſtones, Lamb-ſtones, *&c.* are proper to ſtir up Venery. This alſo is a choice Secret, That all *Creatures* that are fruitful being eaten, makes them fruitful that Eats them.

But that it may be known whether the *Cauſe* of Barrenneſs be in Man or Woman, I ſhall briefly ſhew the ſigns of Inſufficiency in either

Signs and *Cauſes* of Inſufficiency in Man, may be the Vitiouſneſs in the Yard, by being *Crooked*, diſtorted, or broken,

broken, whereby the ways and passages through which the Seed should flow, come to be stopped. Also the Weakness and Tenderness of the Yard, whereby it is not strongly enough erected to inject the Seed into the Womb: Also if the Stones are hurt, so that they cann't perform their Office in producing Seed; or if they be oppress'd with any Tumor or Inflamation, or drawn up within the Belly, not appearing outwardly. These are Signs of Insufficiency and Causes of Barrenness; Drunkenness and Gluttony, and other Excesses, do also hinder Men from Fruitfulness, and make 'em unfit for Generation.

Signs

Signs and Cauſes of Inſufficiency in Women, are many: Little Women are generally more apt to conceive than Great, and Slender than Groſs; alſo thoſe that are Black, than thoſe that are Pale and Wan: To have the Veins very conſpicuous, and the Breaſts large, betokens Fruitfulneſs: And the others are the contrary. The Irregularity of the monthly Courſes, the ſtraitneſs of the Pudenda, or Privities, whereby Women become Imperforate; the Immoderate moiſture of the Womb, which deſtroys the Seed, alſo the Immoderate heat of the Womb, are all Signs of Inſufficiency, and Cauſes of Barrenneſs in Women. If

If you would know whether the fault lies in the Man or the Woman, Sprinkle the Mans Urine upon one Lettice Leaf, and the Womans upon another; and that which dries away first, is unfruitful. Also take five Wheat Corns and seven Beans, put them into an Earthen Pot, and let the Party make Water therein; let this stand seven Days, and if in that time they begin to Sprout, then the Party is fruitful; but if they Sprout not, then the Party is Barren whether it be Man or Woman. This is a certain Sign.

FINIS.